

Variable	Mean	SD	Min	Max
Age	38.5	10.2	22	65
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	Low	High		
Health status	Good	Poor		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Regular	Occasional		
Exercise frequency	Regular	Occasional		
Stress level	Low	High		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Family size	Small	Large		
Work-life balance	Good	Poor		
Overall well-being	High	Low		

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